

As you know, the Centers for Disease Control and Prevention is recommending that everyone get vaccinated this year against the seasonal flu. Seasonal flu vaccine is not the vaccine for H1N1 (swine flu) and will protect only against seasonal flu. Because children get and spread flu, vaccination of children helps protect family members and others in the community. For elementary-age students, the Montgomery County Department of Health and Human Services will offer seasonal flu vaccination in all MCPS elementary schools this fall. For middle and high school students, as well as adults, the following resources are available for *seasonal flu vaccination*:

- Your private health care provider
- Montgomery County Health and Human Services will conduct seasonal flu clinics on:
 - October 31, 2009, 10:00 a.m. – 2:00 p.m., at the Silver Spring Health Center, 8630 Fenton St. 10th Floor, Silver Spring, MD
 - November 5, 2009, 8:30 a.m. – 12:00 noon, at the Germantown Recreational Center, 18905 Kingsview Road, Germantown, MD
 - November 12, 2009, 4:00 p.m. – 7:00 p.m., at the University of Shady Grove, 9630 Gudelsky Drive, Building II, Rockville, MD

Several private providers are currently offering flu shots:

- Maxim Healthcare Services offers seasonal flu vaccine at locations in Montgomery County. To find the nearest site, go to www.findaflushot.com.
- Passport Health provides vaccinations for adults and children 6 months of age and older. Contact Passport at 301-408-4544 or go to www.passporthealthmetro.com
- Adventist Healthcare provides vaccinations for adults 18 years of age and older. Call 301-315-3800 for more information

- Many Giant, Walgreen, CVS, as well as Costco and other stores are offering seasonal flu shots at this time.

Please continue to follow basic precautions to limit the spread of the flu: cover coughs and sneezes; wash hands frequently; avoid touching your eyes, nose, or mouth; and stay home when you are sick with flu-like symptoms (fever of 100°F or greater with a cough or sore throat). Check the MCPS website at www.montgomeryschoolsmd.org for more information. We will keep you updated as information about the H1N1 flu vaccinations becomes available.